

..... **PERCEIVED HEALTH STATUS**

(+/-) = 95% confidence interval

* Body Mass Index
ss = Sample size too small (fewer than 100 cases)

na = Not asked
** Excluding women who have had a hysterectomy

TECHNICAL NOTES

The Behavioral Risk Factor Survey is a representative, statewide telephone survey of Wisconsin household residents 18 years and older. Results are based on self-reports from respondents who are selected through a stratified random sample. Results are weighted to account for both nonresponse and sample design, and to adjust for the age-sex distribution of Wisconsin’s population. The survey was designed by the Bureau of Health Information in cooperation with the U.S. Centers for Disease Control and Prevention. Survey sampling and interviewing were conducted by the Wisconsin Survey Research Laboratory, University of Wisconsin-Extension.

In 1998, 1,534 respondents were 18 to 54 years old, and 671 were 55 or older. There were 2,245 respondents in 1997 and 1,260 in 1990.

Columns labeled (+/-) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (59%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (57%-61%).

The Centers for Disease Control and Prevention provided the following definitions: **Current smokers** are those who smoke currently, either every day or only some days, and have smoked more than 100 cigarettes in their lifetime. **Overweight** is defined by the Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. A BMI greater than 27.3 for females and 27.8 for males is considered overweight. **Physical activity** estimates are derived from self-reported exercise type, duration, and frequency. Exercise was classified as **vigorous** if rhythmic contraction of large-muscle groups at 50% of functional capacity was performed three or more times per week and lasted at least 20 minutes on each occasion. **Regular** activity involved less than 50% of functional capacity. **Irregular** activity was that occurring for less than 20 minutes or fewer than three times per week. A respondent with no reported activity was classified as **physically inactive**. **Fruit and vegetable consumption** was calculated from answers to six questions about frequency of consumption of fruit juices, fruit, salad, potatoes, carrots, and other vegetables. A **drink** of alcohol is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor. The prevalence of **diabetes** is likely to be an underestimate because a significant proportion of adults have never been tested.

Differences in estimates between years, age groups, or sexes may not be statistically significant. For additional information about the BRFS, call Pamela Imm at 608-267-7264. For other health data, visit our Web site at <http://www.dhfs.state.wi.us/stats/index.htm>

Health Counts
in Wisconsin

New Findings from the Bureau of Health Information

BEHAVIORAL RISK
FACTORS

1998

Division of Health Care Financing
Department of Health and Family Services